



Longwood 50+ Center

March 2019

Days of Operation: Tuesday 8:30am – 3:00pm
Wednesday 8:30am – 4:00pm

6150 Foreland Garth
Columbia, MD 21045
410-313-7217

Director: Kari Weidner

www.howardcountyaging.org

				Friday March 1, 2019
Monday March 4, 2019	Tuesday March 5, 2019	Wednesday March 6, 2019	Thursday March 7, 2019	Friday March 8, 2019
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30–3:00pm	中国式健身操 9:00am 尊巴 10:00am 午餐 12Noon 乒乓与游戏 2:00–4:00pm		
Monday March 11, 2019	Tuesday March 12, 2019	Wednesday March 13, 2019	Thursday March 14, 2019	Friday March 15, 2019
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 华图 10:00am– 11:30am 午餐 12Noon 乒乓与游戏 1:30–3:00pm	中国式健身操 9:00am 尊巴 10:00am 午餐 12Noon 乒乓与游戏 2:00–4:00pm	韩国教会 无乒乓球	
Monday March 18, 2019	Tuesday March 19, 2019	Wednesday March 20, 2019	Thursday March 21, 2019	Friday March 22, 2019
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30–3:00pm	中国式健身操 9:00am 答对了 10:00am 午餐 12Noon 乒乓与游戏 2:00–4:00pm		
Monday March 25, 2019	Tuesday March 26, 2019	Wednesday March 27, 2019	Thursday March 28, 2019	Friday March 29, 2019
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30–3:00pm	中国式健身操 9:00am 尊巴 10:00am 午餐 12Noon 乒乓与游戏 2:00–4:00pm		

